



Creating a Healthy Beach Community

55 Years of Improving Health



1955	Community votes to fund South Bay Hospital
1960	South Bay Hospital opened
1984	Building leased to outside management (Tenet)
1998	Tenet leaves and BCHD focuses on preventive health
2010	The beach cities are chosen for the Blue Zones Project
TODAY	BCHD is the largest primary prevention agency in U.S.

Delivering Services Across the Lifespan

Infancy



Childhood



Adulthood



Seniors









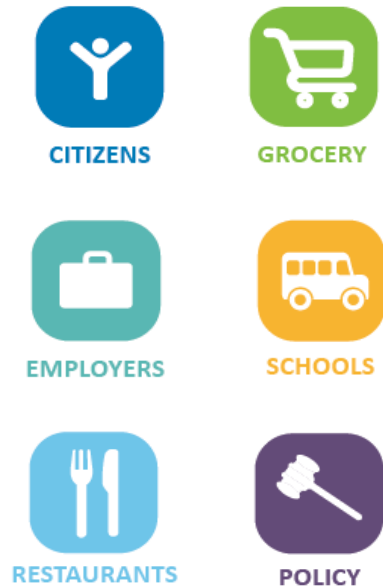


Blue Zones® Areas

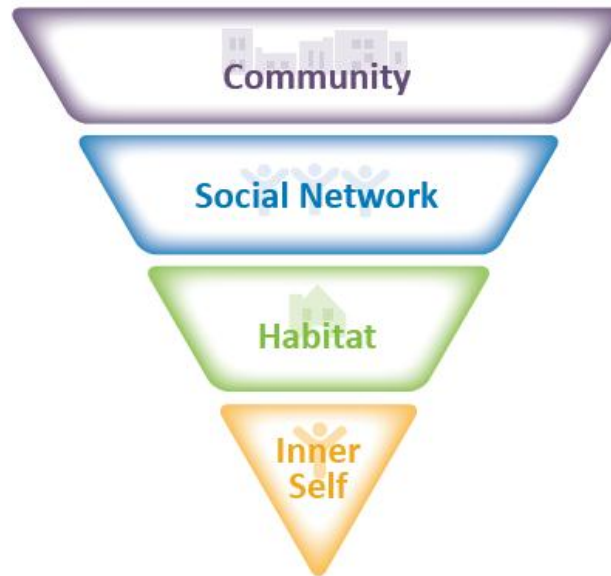


Blue Zones Strategies

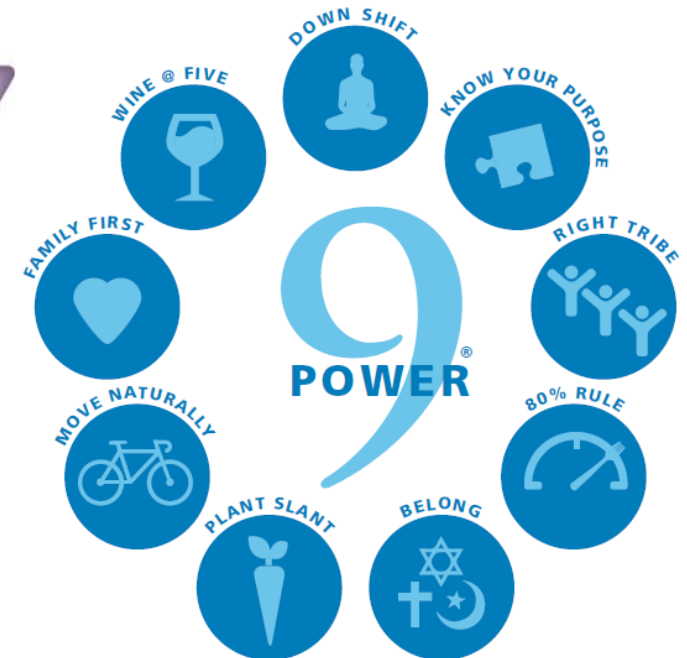
1. Engage Communities



2. Change where people live, work and play



3. Make healthy choices easy



CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



7,000 residents have taken the
Blue Zones pledge

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



134 employers have created healthier work environments

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



60 restaurants now offer healthy options

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



Grocery stores are highlighting healthier options

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



33 Walking School Bus routes have saved 15,000 car trips

CITIZENS



EMPLOYERS



RESTAURANTS



GROCERY



SCHOOLS



POLICY



Livability Plans have been adopted and smoking bans have been implemented in public spaces



2010-2013 Well-Being in the Beach Cities Manhattan Beach



Gallup-Healthways Well-Being Index[®] : Comprehensive Measurement of Well-Being

Life Evaluation

Ranking one's life today and in the future

Emotional Health

Daily feelings, clinical depression

Physical Health

Chronic conditions, obesity, physical pain, cold/flu

Healthy Behaviors

Smoking, healthy eating, exercise

Work Environment

Using strengths, supervisor relationships

Basic Access

Healthcare, community satisfaction, money for basics

Well-Being Index Composite Score

(Average of six sub-indexes)

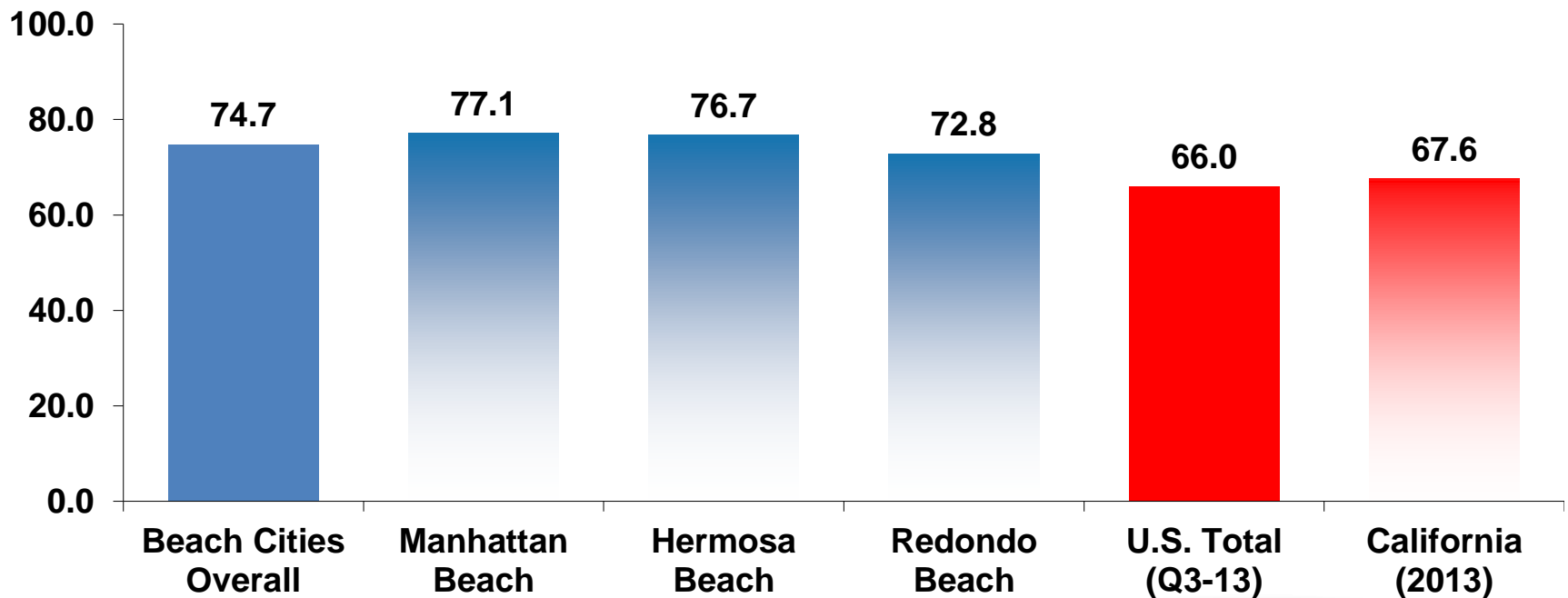
Measurable results: \$12M savings in annual healthcare costs



 Gallup • Healthways
Well-Being Index™

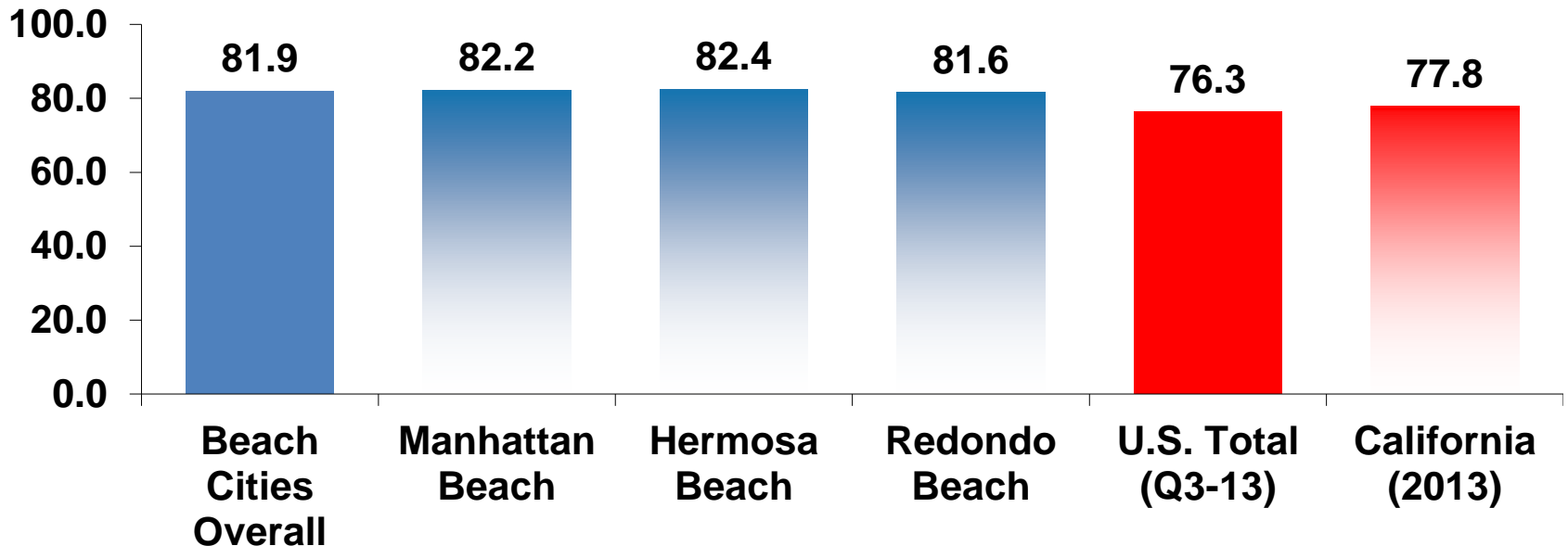
2013 Overall Well-Being Index at a Glance

The Beach Cities maintain very high levels of well-being overall, and rank higher than 189 other metro areas nationwide.



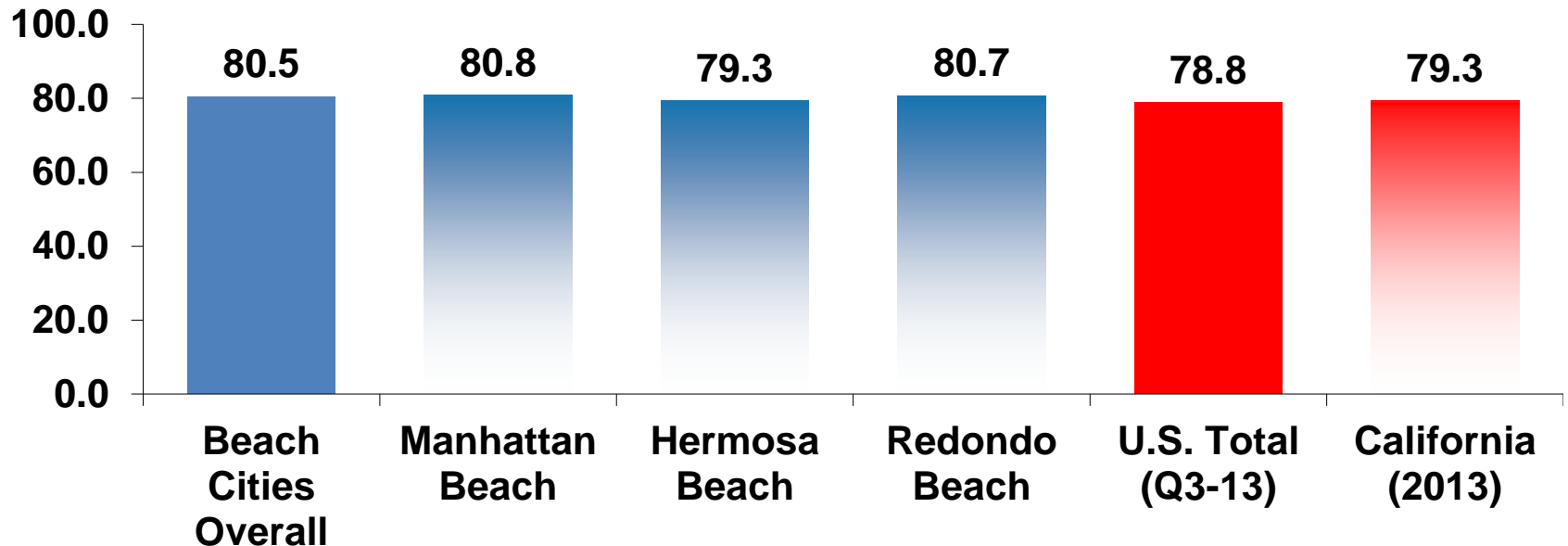
2013 Physical Health Index at a Glance

Very good physical health continues to be a major strength of the residents of the Beach Cities.



2013 Emotional Health Index at a Glance

Emotional Health in the Beach Cities now slightly surpasses the U.S. and California generally, but remains the lowest relative performance among the six domains.



Financial Value Opportunity: \$54 Million

- Assuming 96,684 adults and 74,786 workers in the Beach Cities
- Applying healthcare costs for smoking (\$2,056) and obesity (\$1,429)
- Applying incremental missed work days based on self-reports and estimates of partial absenteeism due to smoking breaks, at \$341 per day

	Obesity	Smoking	Estimated Savings
Current	13.8%	6.7%	
Possible	5%	2%	\$54.2M

Potential annual healthcare savings = ~\$21.5M

Potential annual savings to employers in reduced absenteeism = ~\$32.7M

National and local models

- Centers for Disease Control and Prevention - Healthy Communities
- California Endowment – Health Happens Here
- Restaurants – Choose Health LA
- Worksites – Fit Friendly Worksites





Questions?

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